

Emergency Preparedness Program

The goal of any program should be to minimize injury and potential loss by training employees, procuring and maintaining necessary equipment and assigning responsibilities. Each Emergency Preparedness Program should include 3 core plans: Emergency Action Plan (EAP) for medical concerns, Emergency Evacuation Plan (EEP) for hazardous internal conditions, Emergency Shelter Plan (ESP) for hazardous external conditions. It is also a good idea to have a communication plan for follow up on all situations.

Medical Emergencies

EAP Emergency Action Plan



Hazardous Surroundings

EEP Emergency Evacuation Plan ESP Emergency Shelter Plan



STOP: Stop all activity
Talk to injured athlete
Observe injury type and severity
Prevent immediate hazards/ further injury

The first-responder will categorize and initiate proper EAP. Injury should be quickly categorized as:

Life or Limb Threatening,
Exposure Control Threatening, or
Health Threatening.



First responder is the designated adult supervisory staff member. Should be certified in CPR, First Aid and AED if applicable. These examples are in no way supplementation for that training.

Call 9 1 1

Care

Retrieve

Release Form/Records

Direct EMT



Control crowd

Call parent



Unconscious

Check **A**irway
Check **B**reathing
Check **C**irculation
Commence care as needed.

Possible spine injury Immobilize Immediately.

Blood, Vomit, Exposed Bone
Reduce exposure risk by using Universal Precautions such as rubber gloves. Commence care as needed.

Check Coherence

Have a Concussion Plan prepared.

Breaks/Severe Sprains

Do NOT remove clothing(shoe). Immobilize.

Sprains and bruises

Rest, **I**ce, **C**ompression, **E**levation

Physicians approval before returning.

Alert: Announce clearly a rehearsed signal
Lead athletes by swiftly moving
Ease fear by calmly speaking
React as you would in rehearsal
Take attendance of all athletes



In case of Emergency Hazards such as fire, chemical spills (*example: cleaning agents mixed by accidental spill*), inclement weather, etc. Have a code word or signal rehearsed. A first responder or director should quickly scan for obstacles and then initiate the proper plan.

Swift evaluation & communication of the hazard should commence.



Pre-Determined Escape Routes

Athletes and Coaches should be directed calmly to follow prepared escape routes.

Immediate Danger

If the first responder needs to take necessary action (*such as locating and using a fire extinguisher to clear exit*) care and speed must be taken.



Rally Points

Evacuation assembly areas should be pre-designated.



Rehearsed Shelter

All people in building should be directed to calmly walk to designated area.



For any potentially misunderstood or emergency occurrence, a communication plan should be designated for immediate follow up communication.

It is very important that this communication is **consistent, brief and non-blaming.**



Parent/Guardian, administrators and/or, owners and partners, insurance, legal counsel and media should be contacted. An internal and external list can be prepared.

Seeking legal review of any public statements is strongly recommended.